

## JUST CARE FAMILY NETWORK

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[jcfnmemophis.org](http://jcfnmemophis.org)  
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## COMMUNITY RESOURCES

The Summits at HealthQuest  
901-308-2915

National Alliance on Mental  
Illness (NAMI)  
901-725-0305

Support and Training For  
Exceptional Parents (STEP)  
800-280-STEP

Health & Human Services  
Info Dial 2-1-1

Mid-South Food Bank  
901-527-0841

Neighborhood Christian  
Center 901-323-4092

Network for Overcoming  
Violence & Abuse (NOVA)  
901-222-3990



## “Help is Here” Sharing a System of Care in Shelby County

JCFN is a federally funded grant program through the Substance Abuse & Mental Health Services Administration, administered by the Tennessee Department of Mental Health and Substance Abuse Services

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AUGUST 15, 2013

## JCFN Among SOC's Honored by Tennessee Governor

At July's Statewide System of Care (SOC) Conference held in Nashville, Just Care Family Network was honored to receive a Certificate of Appreciation, “in recognition of outstanding service in the best interests and in the highest traditions of the State of Tennessee” by Tennessee Governor Bill Haslam. Tennessee Department of Mental Health and Substance Abuse Service's Commissioner Doug Varney presented JCFN Executive Director, Dr. Altha Stewart the certificate during a celebration of the state's



Tennessee SOC  
Directors pictured with their certificates  
from Governor Haslam

accomplishments concerning Children's Mental Health. JCFN is excited about this esteemed acknowledgement. During the

conference JCFN staff participated in break-out sessions that focused on cultural and linguistic competency, strategies for engaging school systems, and family-driven/youth guided care. The conference highlighted Tennessee's vision for statewide expansion, a new school readiness model, and its recently launched online resource: KidCentralTN.com. We look forward to working together in Shelby County to expand systems of care across Tennessee.



## From the Director's Desk

It's August and that means summer's almost over! It also means back-to-school for our youth and for many that means starting class in the new Shelby County School system. Classes began on August 5th and while there are still some things being worked out, most of the Just Care youth are back in school and many report they are happy to be there.

During the summer the JCFN staff has been working hard to uncover the information needed by our families to make this school year a happy and productive one. We have tried to stay on top of the many changes that have occurred as a result of consolidation. We have developed a strong relationship with the MH staff with Shelby County schools so that we can assist families with their special needs. Elsewhere in this newsletter is a listing

of contact information for the staff and departments that now provide that assistance through the schools. Please take a moment to look at it and keep it handy.

To provide additional support for this school year the **Mental Health** workgroup is devoting most of its energy to obtaining up-to-date information on what's happening with mental health in the schools, making sure we get answers to your questions about challenges you are experiencing. The MH consultants and Family Support Partners will continue to assist families with IEPs and 504 plans, along with the support of our new community partners at **Support and Training for Exceptional Parents (STEP)**. As part of our overall sustainability efforts, we will be introducing more of our families to STEP so that they all will know about

this incredibly helpful resource in our community as we go forward. Finally, we are working to learn all we can about how mental health needs will be managed in the charter and achievement schools which some of our youth attend. In the coming months we will share what we learn and encourage you to come out to the **Mental Health and Youth and Family Engagement** workgroup meetings where we will provide regular updates. Starting next month, to improve communication with our youth and families, we will be posting meeting notices and minutes on our webpage ([www.jcfnmemophis.org](http://www.jcfnmemophis.org)) and on our Facebook page. So LIKE us on Facebook to make sure you get all the important news about what we're doing and what's happening in the community that is important to you.

*Think Sustain!*

# System of Care Concept & Philosophy

A System of Care (SOC) is a spectrum of effective, community-based services and supports for children and youth with or at risk for mental health or other challenges and their families. A SOC is organized into a coordinated network building meaningful partnerships with families and youth and addressing their cultural and linguistic needs

in order to help them to function better at home, in school, in the community, and throughout life. SOC core values include family driven and youth guided care; community based initiatives, and culturally and linguistic competency with agencies, programs, and services that reflect the cultural, racial, and ethnic differences of the

population served. SOC guiding principles are designed to provide individualized services in accordance with the unique potential and needs of each child and family, guided by a strength-based, wraparound service planning process and individualized services plan developed in true partnership with the child and family.



**“YOU  
CAN’T  
HEAL WHAT  
YOU  
REFUSE TO  
CONFRONT.  
..HELP  
IS HERE”**

## Why Is Children's Mental Health Important?

Mental health — an essential part of children's overall health — has a complex interactive relationship with their physical health and their ability to succeed in school, at work and in society. Both physical and mental health affect how we think, feel and act on the inside and outside. For instance, an overweight young boy who is teased about his weight may withdraw socially and become depressed and may be reluctant to play with others or exercise, which further contributes to his poorer physical health and as a result poorer mental health. These issues have long-term implications on the ability of children and youth to fulfill their potential as well as consequences for

the health, education, labor, and criminal justice systems of our society. For instance, a boy named Darrius is being physically abused by his father and often acts out aggressively at school. His behavior is a natural reaction to the abuse, but his behavior may also mark the beginning of undiagnosed conduct disorder. His teachers simply see him as a trouble-maker and continually punish his behavior. Later, Darrius drops out of school as a teenager because he finds it a harsh and unwelcoming environment and is anxious to leave his abusive home and fend for himself. However, holding down a job is difficult because Darrius often clashes with his coworkers and supervisors due to his

aggression. Darrius has also begun to self-medicate by abusing alcohol and has been arrested a number of times for drunken disorderliness. By the time Darrius finally receives a proper diagnosis of his conduct disorder and substance abuse, he is in his 30s and his mental health problems have become deeply entrenched. They will require extensive therapy, which Darrius probably cannot afford without a job that provides adequate health insurance. Things could have been very different if Darrius was referred to a psychologist in his childhood who could have diagnosed him, offered effective treatment, and alerted the authorities about the abuse.



**“Father of Wraparound” Karl Dennis with his wife Kathy**

## Another Round of Wraparound: Karl and Kathy Dennis return to Shelby County!

JCFN, other departments in Shelby County Government, and our community partners hosted a 1-1/2 day wraparound training series with Karl and Kathy Dennis on Aug. 15th & 16th. JCFN staff, families, and partners will remember their first visit where they met to discuss the history of wraparound and shared stories of the challenges they faced in their Chicago program, Kaleidoscope, where wraparound was first used to provide services and supports to families and youth with diverse needs that

required collaboration among multiple agencies. Dennis defines collaboration as “an unnatural act between unconsenting adults” and during this visit met with the leaders of many of the local family and child serving agencies to show them how Shelby County might become the exception to that rule. The Dennis’ offered creative responses to the question ‘what’s in it for me?’ which is often a significant barrier to getting people to the table and encouraged us to use the approach of “how will this help you do what you

have to do” with providers serving families and youth, to avoid having the collaborative partners feel that they may somehow be giving up valuable funding if they join the collaborative. While here they also met and shared more of how wraparound can help families and empower them to better use the available services and supports.

# Back to School in Shelby County



Mental Health Center Services Manager  
Dr. Anitra Shelton Quinn on FOX 13 Good Morning Memphis spreading mental health awareness

Shelby County Schools Mental Health Center has partnered with JCFN to provide support and education for families and youth. Please add the following contacts to your resource books:

## Mental Health Center:

Dr. Anitra-Shelton Quinn, MH Center Services Manager  
Office Ph: 901-473-2756 email: sheltonquinna@scsk12.org

Dr. James Baily, Supervising Psychologist Office  
Ph: 901-626-7635 email: baileyjr@scsk12.org  
Functions include: Teen Plus Parenting &

Pregnancy Program

Dr. Lisa Clark, Supervising Psychologist  
Office Ph: 901-473-2792 email: ClarkIL@scsk12.org  
Functions include: Alcohol & Drug Early Intervention

& Treatment

Dr. Ken Strong, Supervising Psychologist  
Office email: strongkc@scsk12.org  
Functions include: Threat Assessment Services



Memphis City and Shelby County Schools were unified on July 1, 2013. It was an historic first day of school for over 140,000 students.

## National Alliance on Mental Illness 5K

**NAMI Memphis** is a grassroots, self-help organization dedicated to improving quality of life for individuals with mental illness, their families and communities. **NAMI Memphis 5K** is a fundraiser and mental illness stigma buster.

Fun for all. Food live music, kids corner, face painting, police K-9 demonstration,



police helicopter, dunk tank, bounce house, door prizes, Child Identi-Kit, snow cones, and more. The walk happens **Saturday, September 21st** at **The Carriage Crossing Mall** in **Collierville**. Just Care

Family Network will host a booth at the race. Join us and register to run at <http://www.racesonline.com/>  
For more info: 901-725-0305



*"Mental health disorders begin early in life with 90% of people who develop a mental disorder showing signs during their teen years."*

## Partner Spotlight



Shelby County Juvenile Court (SCJC) is a community partner of Just Care Family Network (JCFN). Juvenile justice initiatives overseen by SCJC include: assessment screenings for juveniles detained for serious offenses and evaluation referrals for youth affected by mental health issues and substance abuse. "We identify those children who have a mental health diagnosis that meet the criteria for referral to Just Care Family Network," said SCJC

Evaluation and Referral Bureau Manager, Nancy Roll.

"Our population in Shelby County is very unique. They are a very guarded population," said Roll, "they are usually not open to people coming into their homes and they are usually not open to sharing their problems. They are very private." Roll believes that systems of care like JCFN provide much needed family support. "We're officers of the court and they do look at us as a threat so Just Care Family Network provides a neutral person to go in and try to convince

families to work with them and with us," said Roll.

Using High Fidelity Wraparound, an evidence based approach in children's mental health, JCFN serves children 5-19 years old with serious mental health needs, who reside in Shelby County in an effort to prevent them from interfacing with SCJC. For those youth already involved with the court system, Roll says they work to support those families through a network of community-based partners, such as Just Care Family Network.

"The earlier we're involved with them we think the better chance we have of preventing them from being further involved in the system and reducing our recidivism," said Roll. "Just Care Family Network can help us in that, it's a collaborative effort with their office and other community providers that come together to work with a family and a child to decide what's necessary and what's needed for that family."



## Changing the Memphis system...



**JCFN staff at TN SOC conference**

Group photo with TN SOC members who attended the Cultural & Linguistic Competency Training with Melanie Funchess, Director of Community Engagement, Mental Health Association in Rochester, NY



**JCFN's promotional page in the Tennessee Department of Mental Health And Substance Abuse Services SOC conference booklet**

*"We partner with youth and families to link them to the services that they choose."*

## Making life easier...



**JCFN recently hosted a MH meeting for our DCS partners and their In-Home Tennessee initiative**

**"Father of Wraparound" Karl Dennis and his wife Kathy at a recent Shelby County Division of Community Services training**



**We had a great turnout at the family and youth dinner/training with the Dennis'**

## Partnering with youth and families...

Following a brief hiatus, the Youth and Family Engagement Workgroup will resume its work on **August 29th**. The goal of this workgroup is to ensure meaningful participation of families and youth seeking the services of the System of Care in all aspects of the project and assist in developing youth and family councils and advocacy groups. Our youth and families work as a part of the project leadership team, designing new

events and programs that they feel will be beneficial to their communities and to Memphis as a whole. The workgroup's agenda will include following up on recent discussions about the status of school mental health services after the merger, the role of youth and families in identifying a new youth and family engagement contractor and increased opportunities for

youth and family involvement in overall program operations. Anyone interested in getting more involved in JCFN and who wants to be a part of planning new programs and events that involve youth and families working to transform the child-serving system in Memphis, should call 901-222-4500 for more information about the meeting time and location.



## Just Care Family Network

1750 Madison Ave.  
Memphis, TN 38104

Office: 901-222-4500

Fax: 901-222-4501

Visit us at [www.JCFNmemphis.org](http://www.JCFNmemphis.org)

Interested in contributing to the "Help Is Here" newsletter? Contact our Social Marketing Coordinator Jerica Phillips at 901-222-4503

**"...because no one does it alone."**

At Just Care Family Network our mission is to change the Memphis system of care to make life easier and less frustrating for the families we serve. We partner with youth and families to link them to services.

Just Care Family Network has partnered with private and public organizations in your community who are devoted to family driven care.

To learn more about Just Care Family Network visit [JCFNmemphis.org](http://JCFNmemphis.org) or to make a referral, please contact our Enrollment Specialist Darria Childress at 901-222-4502.





## Happening in August...



August is Drowning Impact Awareness Month





Put on your hard hats, bring your ideas, and let's put in work **REBUILDING** the Youth/Family Workgroup

**Thursday, August 29th**  
**6-7:30 PM Location: TBA**

The goal of the youth/family workgroup is to ensure meaningful participation of families and youth seeking the services of the System of Care in all aspects of the project and assist in developing youth and family councils and advocacy groups.


The agenda will include:

- Follow-up on recent discussions about the status of school mental health services after the merger
- The role of youth and families in identifying a new youth and family engagement contractor
- Increased opportunities for youth and family involvement in overall program operations and sustainability planning

Just Care Family Network  
"...because no one does it alone."

To RSVP or for more info: 901-222-4500

Refreshments served  
Childcare provided



**Save the Date for Staff:**  
**Shelby County**  
**Division of Community Services**  
**offers an exciting training event!**

**August 27-29, 2013**



**"Using Wraparound to Transform and Sustain Agencies and Organizations in Shelby County"**

National Wraparound Consultant **Michele Stewart-Copes, MS, MSW** will facilitate a discussion regarding the collaborative nature of Wraparound and its usefulness in strengthening families (Lunch Provided)

**8 AM - 4:30 PM each day**

Fogelman Executive Conference Center  
(University of Memphis)

330 Innovation Dr. Room #219

For more info and to RSVP:

901-222-3992

[Robin.Harwell@shelbycountyttn.gov](mailto:Robin.Harwell@shelbycountyttn.gov)

